



SIZZLING **SUMMER**

VINT HILL • JULY 15 2018

T R I A T H L O N



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GREETINGS ATHLETES

Revolution3 Summer Sizzling Triathlon is right around the corner. We are looking forward to an exciting race on Sunday July 15th at Vint Hill Larry Weeks Pool. Below you will find important information regarding race weekend. Please read this entire athlete guide so you will be prepared for your race.

If you have any questions please do not hesitate to e-mail us at Info@rev3tri.com

Thank you for your support and we look forward to seeing you soon!

SCHEDULE

SPRINT SCHEDULE SUNDAY JULY 15, 2018

EVENT	LOCATION	TIME
Transition Opens	Larry Weeks Pool	5:30AM
Sprint Packet Pick Up	Larry Weeks Pool Back Parking Lot	5:30AM - 6:30AM
Kids Packet Pick Up Begins	Larry Weeks Pool Back Parking Lot	5:30AM
Sprint & Kids Body Marking	Transition	5:30AM – 6:30AM
Sprint Optional Swim Warm Up	Pool	6:30AM – 6:55AM
Transition Closes		6:45AM
National Anthem	on Pool Deck	6:55AM
Swim Start	On Pool Deck	7:00AM
Sprint Optional Awards Pick Up	Finish Line	8:45AM – 9:15AM
Kids Packet Pick Up Ends	Larry Weeks Pool Back Parking Lot	8:45AM
Kids Optional Swim Warm Up	Pool	9:00AM – 9:15AM
Kids Transition Closes	Transition	9:10AM
Mandatory Kids Race Briefing	Pool Deck	9:20AM
Kids 10 & Under Swim Start	On Pool Deck	9:30AM
Kids 11+ Swim Start	On Pool Deck	Approx 9:45AM
Sprint & Kids Award Ceremony	Rev3 Finish Line	10:30AM





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PACKET PICK-UP

Packet pick up will take place on Saturday and Sunday.

THERE WILL BE **NO RACE DAY REGISTRATION**. If you want to sign up, you will need to do so on Saturday between 12-3pm.

Saturday Afternoon Packet Pick Up- Old Bust Head Brewery
7134 Farm Station Road
Warrenton, VA 20187

Race Morning Packet Pick Up- Larry Weeks Community Pool:
4248 Bludau Dr
Warrenton, VA 20187

New for 2018 Packet Pick Up will take place in the back parking lot at Larry Weeks Community Pool see site map below

Day:	Date:	Location:	Time:
Saturday	7-14-18	Old Bust Head Brewery	12:00pm - 3:00pm
Sunday	7-15-18	Larry Weeks Pool	5:30am – 8:45am

Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. Photo ID is required to pick up your packet. If you have an athlete under the age of 16 a Parent or Guardian photo ID will be required to pick up your packet.

PACKET PICK UP PROCESS:

Step 1: GET YOUR BIB NUMBER

At packet pick up each volunteer will have a list of bib numbers. You will be able to look up your bib numbers by your last name. Or if you registered before 6/27/2018 you can find your bib number [HERE](#).

Step 2: PICK UP YOUR RACE PACKET WITH YOUR ID AND USAT CARD

In order to obtain your race packet, you will need to show government issued photo identification (THIS INCLUDES RACE MORNING PICK UP). If your athlete is under 18 and does not have a photo ID a parent or guardian photo ID will be required to pick up their packet.

All Relays MUST check in as a team. To ensure that all team members complete the appropriate waivers, partial or incomplete teams will not be permitted to check-in for absent members of the relay team.





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In the race packet, athletes will receive:

- Race Number Stickers
- Race Number Bib
- Silicone Swim Cap

RACE NUMBER STICKERS

Each race packet contains the following bike-marking, race-number stickers:

- One small sticker (to be applied to the front of the helmet)
- One larger sticker (to be applied on the bike with the number displayed on both sides of the bike). It usually is best to place this sticker on the seat stem, top tube or down tube.

SWIM CAP

All athletes will be issued a colored swim cap that corresponds to their age group. It is not mandatory to wear the race issues swim cap.

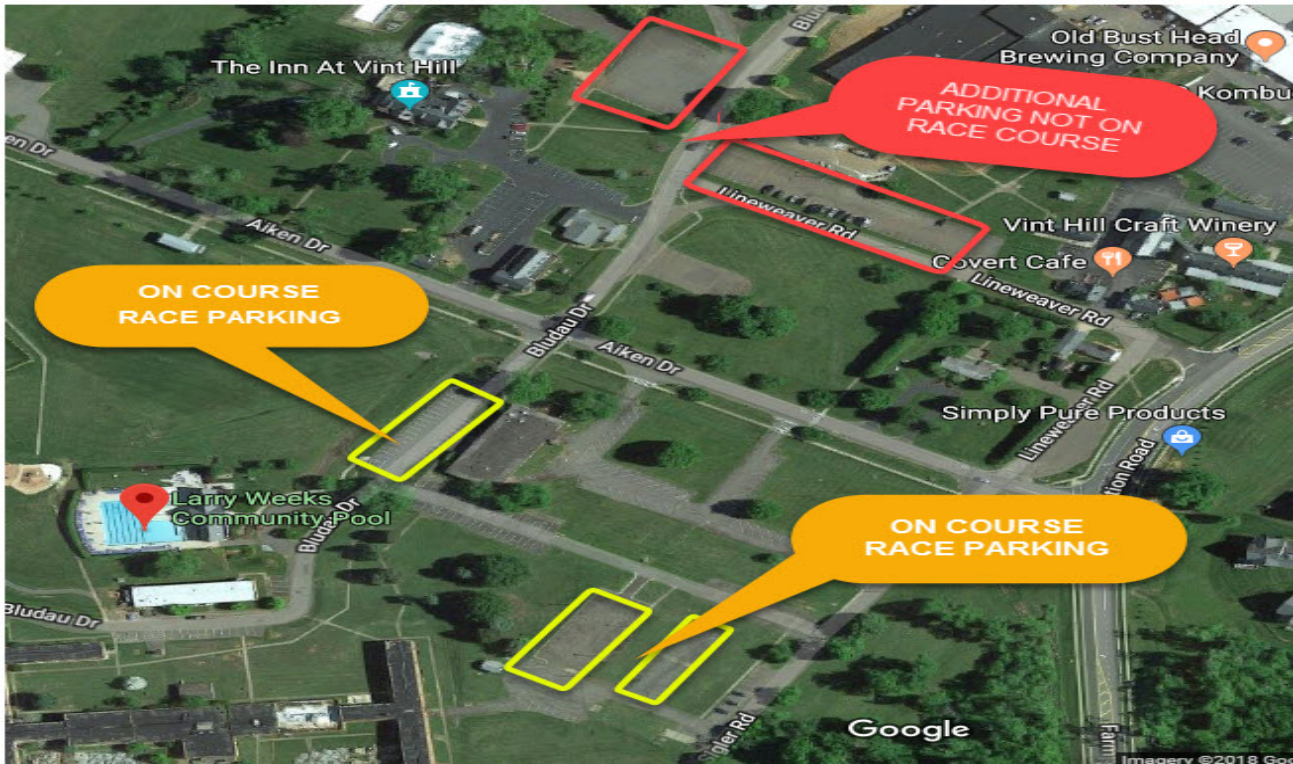
BIB

While you may wear your bib on the bike leg of the race, it is not mandatory and athletes will not be penalized without a running bib on the bike. However, the athlete bib must be worn and visible during the run leg of the race. Be sure your bib faces forward when you enter the finish chute. This will aid timers should you lose your timing chip.

PARKING

On race morning, athletes arriving prior to 6:30am can park in three designated lots along Sigler Rd. This road will be closed to vehicle traffic promptly at 6:30am and vehicles will then be directed to park in designated lots on Aiken Drive near the Recreation Center and tennis courts. From here, it is still only a short walk to transition and race start area. If you arrive after the start of the Sprint (6:30AM) please park in one of the red lots to avoid traffic on the race course. Be cautious walking to the expo as you will be crossing the bike course. Please see the attached parking map:

Please note if you park in any of the lots marked in yellow you will be on the kids run course. You will either need to leave before the start of the kids race (9:15AM) or you will have to wait until all kids have completed the race around 10:30AM. If you park in the lots marked in red, you will be off course and can leave whenever you please without affecting the race. Please do not park at the Inn At Vint Hill as that is private parking.





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COURSE MAPS

Sprint Bike Course:

<https://ridewithgps.com/routes/19735649>

Sprint Run Course:

<https://ridewithgps.com/routes/20801235>

Youth 6-10 Bike Course:

<https://ridewithgps.com/routes/20800493>

Youth 6-10 Run Course:

<https://ridewithgps.com/routes/13707955>

Youth 11+ Bike Course:

<https://ridewithgps.com/routes/14895092>

Youth 11+ Run Course:

<https://ridewithgps.com/routes/13699098>



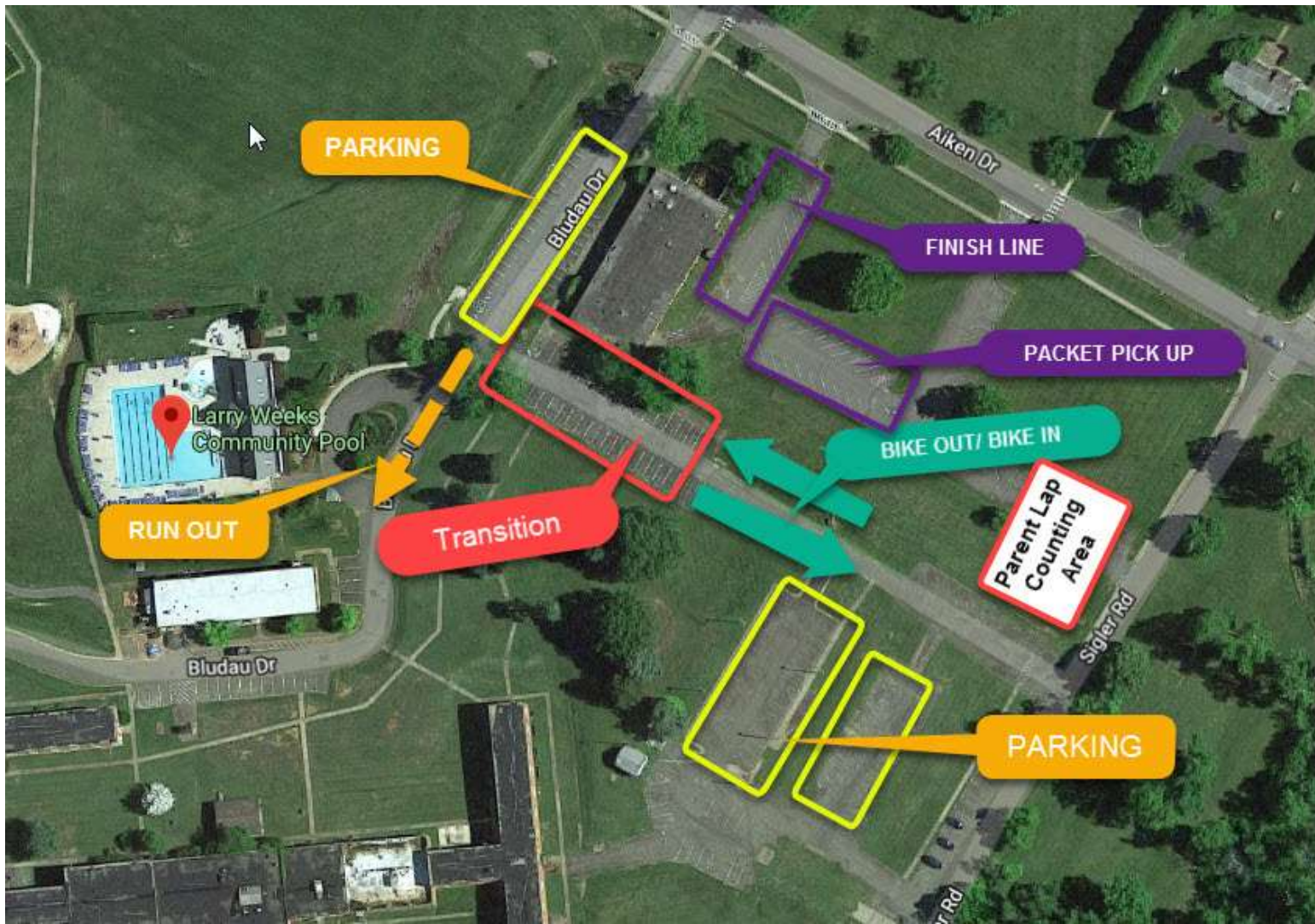


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TRANSITION AREA MAP

Showing the swim, and location of the parent lap counting area.





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SWIM

The swim will be a counter clockwise snake swim. Athletes will enter the pool feet first and will swim down and back in one lane before touching the wall and going underneath the lane rope to start your next down and back. Flip turns will not be permitted and if a staff member witness an athlete doing a flip turn it will result in a :30 second penalty.

BIKE

During all portions of the bike, athletes should stay to the right to allow passing and to avoid collisions. The bike is a looped course.

- **ADULT RACE- 2 LAPS ON THE BIKE**
- **Kids 10 and Under – 2 laps on the bike**
- **Kids 11+- 4 laps on the bike**

We will have a spot on the course where parents will be able to stand, cheer, and most importantly count their kids laps. If a child does less than the required number of laps they will be disqualified. The “parent zone” will be the perfect spot for parents to count their child’s bike laps and let them know when they are done and can enter back into transition for the run portion.

RUN

When exiting transition after finishing the bike, stay to the left until you are on the run course. When on the run course athletes should stay to the right.





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BODY MARKING

Every athlete needs to be body marked to identify yourself while on the swim and bike. Body marking will take place on race morning from 5:30AM – 6:50AM outside of transition. If you arrive after 6:50AM, for the kids race, we will be Body Marking at Packet Pick Up.

You will be marked with your bib number on both upper arms and your USAT age on your right calf. Please bring your bib number when you get Body Marked.

TIMING CHIP

In each athlete packet you will find a black ankle bracelet with an orange circle on it, that bracelet is your timing chip. This timing chip will need to be fastened on your left ankle from the start of the swim until you cross the finish line. This timing chip is what we use to track and time your race. If you lose or misplace your chip you will need to get a replacement from the transition coordinator on site.

We will have a bucket at the finish line where you can return your timing chip. There will be a \$110 fee for all missing, lost, or unreturned timing chips.

NO CHIP = NO TIME = NO RESULTS

AID STATION

There will be a water station approximately half way through the sprint and kids run course. You should be prepared to carry your own water and food as you see fit on the bike and run portions of the race. There will be additional food and drink at the finish line.





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What will be served at the Run Aid Stations?

- Water
- Gatorade Endurance (cups, Lemon Lime)

AWARD CEREMONY

Where:

All Award Ceremonies will take place outside the finish line at 10:30AM for the Sprint and Kids Races. If you need to leave before the award ceremony you may stop by the finish line and pick up your award from 8:45AM – 9:15AM. Due to it being a time trail start no awards will be handed out prior to 8:45AM or until 90% of athletes have finished the Sprint.

What:

Rev3 awards the following categories:

- Top 3 Males and Females Overall
- Top 3 Males and Females in each 5-Yr age group:
 - 19 and U, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+
- Top 3 Aquabike Males and Females Overall
- Top 3 Military/First Responders Overall
- Top 3 Clydesdales & Athena
- Top 3 Relays Overall
- Kids Rev- Top 3 Females and Males in Kids Rev 7-10 and 11-15
- Kids Rev- Top three females and males 7 & Under-8, 9-10, 11-12, 13+

Athletes who place in their age-group but cannot attend the award ceremony should please coordinate with a friend to pick up the award or e-mail info@rev3tri.com to have your award mailed to you for the cost of shipping.

RESTROOMS

Porta Johns will be available near transition area in the parking lot and you may also use the facilities inside the pool.



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SAFETY RULES

This is a USAT Sanctioned race which means you must follow all USAT rules. You can find all USAT rules here: <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>

This means your helmet must be on and strapped the entire time you are on the bike and NO HEADPHONES on the bike or run portion of the race.

WEATHER CONTINGENCY PLAN

Our events take place rain or shine, there is no rain-date. Should there be lightning during the swim, the swim start will be delayed until conditions are safe. If delays continue to build, the swim leg may be reduced or cancelled. In which case we will use a time trial start for the bike leg. In the event of a severe natural disaster (hurricane, tornado, etc.), Rev3 will be in regular communication with all registered athletes. Unfortunately we cannot offer refunds for inclement weather.

VOLUNTEERS

We rely heavily on our Volunteers to have a successful event. If you have any friends or family that wants to get close to the race day action have them sign up to Volunteer while you race!

VOLUNTEER SIGN UP:

CHECK OUT VOLUNTEER POSITIONS HERE

Volunteers help with a variety of tasks including check-in, aid stations, course marshaling, food distribution, etc. Times vary from 5am – 11am. Volunteers receive free food, a cool volunteer shirt, and our sincere appreciation. Plus, volunteering is fun!

We look forward to an exciting race weekend. Remember to be safe, follow the rules, and most importantly have fun!

